The Partial Hospitalization Program (PHP) consists of two distinct programs: adult psychiatry and dual diagnosis. PHP is a highly structured short-term intensive treatment program that represents an important part of the continuum of care.

PHP either continues the evaluation and stabilization process initiated on an inpatient unit, or functions as a diversion from hospitalization. Patients receive individualized, focused, goal-oriented treatment to facilitate stabilization of symptoms in a less restrictive, non-institutional environment.

The overall program philosophy incorporates a disease and recovery model for both psychiatric and substance disorders that emphasizes:

- Education to patients and families or support persons regarding the nature of the disorders that precipitated admission.
- Treatment to stabilize acute symptoms and to promote progress with rehabilitation and growth.
- Acquisition of specific cognitive and behavioral skills for managing symptoms and feelings as well as for development of new social supports and life skills. Dialectical Behavior Therapy (DBT) treatment techniques including skills groups and diary cards.
- Daily medication management with a physician or nurse practitioner.

Patients take an in-depth look at the process of relapse and develop strategies to effectively manage the individual issues as they may occur.
**Introduction**

Partial Plus is supervised housing for men and women with dual diagnosis, substance use, or psychiatric disorders. The dorm is located at Arbour-Fuller Hospital. Residents must be enrolled concurrently in Arbour-Fuller Hospital’s Partial Hospitalization Program (PHP) in order to participate.

Partial Plus provides a supportive living environment for residents while they are in treatment. The average length of stay in the dorm is generally one to two weeks, concurrent with PHP services. Partial Plus is self-paid; however, financial arrangements can be made should a resident be unable to afford the weekly fee.

The PHP serves to assist individuals who are either making the transition from inpatient level of care to independent living while continuing their treatment, or provides diversionary care for individuals. Patients who are safe to remain in the residence, but require the intensive treatment intervention of PHP to address their mental health and/or recovery issues in order to prevent hospitalization, are appropriate candidates.

While at the residence, residents are required to attend all groups and related treatment at Arbour-Fuller Hospital’s Partial Hospitalization Program during its scheduled hours of operation.

**Dorm Amenities**

Partial Plus offers a variety of amenities that residents can take advantage of including movies, cable television, and telephones. Staff also encourages residents to enjoy personal interests including reading and/or pursuit of hobbies, attendance at Twelve-Step meetings, and visits with families and friends. During the weekends, residents are required to participate in PHP.

Residents will eat most of their meals in the residence; meals are all provided by Arbour-Fuller Hospital. Individuals are expected to do their own laundry in the on-site facilities and are assigned other household chores in order to build their skills for independent living. The residence has 18 beds for men and 6 beds for women in single-gender dormitory-style rooms.

**The Role of Staff**

In concert with PHP staff, there are individualized post-residence plans arranged for each resident. This may include placement in longer-term treatment through a network of halfway houses, sober houses, and other programs, as well as referral to psychiatric treatment and outpatient counseling.

**Residence Clientele**

Men and women ages 18 years and above who can benefit from housing while enrolled in Arbour-Fuller Hospital’s PHP for dual diagnosis (co-occurring psychiatric and substance abuse) and psychiatric disorders are appropriate for Partial Plus. Residents must be medically stable. They are also required to comply with medication regimens, to remain completely substance-free and to attend all therapy groups. If an individual relapses, he or she will no longer be eligible to reside at Partial Plus.

**Referrals and Information for PHP and Partial Plus**

If you have a client who would benefit from Arbour-Fuller’s Partial Hospitalization Program (PHP), please call the Arbour-Fuller Hospital’s Partial Hospitalization Program Staff at (508) 838-2316.

Mention that your client would be interested in the supervised residence. If the individual qualifies for partial hospitalization at Arbour-Fuller Hospital, the PHP staff will then discuss criteria for admission to Partial Plus.

As part of the intake process, PHP staff will review the case with the referring clinician and ask for a faxed evaluation including information on current medications. Within one hour of receipt of all necessary information, PHP staff will make a determination regarding acceptance to the Partial Plus program. If the patient is accepted to the PHP and Partial Plus, a bed will be reserved and a PHP intake appointment arranged.

As part of the intake process, please let us know if your client will need special financial arrangements. Individual needs will be addressed on a case-by-case basis. Admissions are generally made Monday through Thursday so that residents have an appropriate amount of time to be oriented to the program prior to the weekend.